Промінь
Promin

Нововибрана Голова Союзу Українок Канади

New President U.W.A.C.

Думки про З'їзд

Convention Conundrum

Цибуля

Onions

Союз Українок Канади

October/November 2017 Issue

ПРОМІНЬ
Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік LVII
жовтень - листопад 2017 р

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Союз Українок Канади
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Canada

РЕДАКЦІЙНА

EDITORIAL

Дорогі Читачі!
Dear Readers,

Від тепер, я рішила писати свою редакційну українською мовою, а далі англійською і поперемінно. Таку пораду дали мені недавно на З'їзді. Не буду перекладати на англійську те, що я напишу по-українськи, ані навпаки, бо вірю, що коли ми вічно все перекладаємо, нема причини навчитися ані поліпшити своє знання другої мови. Пригадую попередніх редакторок журналу "Променя", тобто Наталю Когуську (1960-1990), Олену Гринь (1990-1997) та Орисю Сушко (1997-2013). Вони мали глибоке знання української мови й наш журнал, через їх труд, був заповнений українською мовою.

We also had a couple of English language editors—Marusia Tarnawecka-Zurek (1990-1997) and Oksana Sushko (1997-2013). *Promin* has included English language articles for the past twenty-seven years. I handle the content of the magazine in both languages, however, after reviewing the history of Promin's personnel, I can see mentoring two editors as a viable alternative to stepping down as editor some day.

Одна з цілей нашої жіночої організації це—зберігання української мови в Канаді. Хоч ми запрошуємо та вимагаємо, щоб наші членки та референтки писали до "Променя" по-українськи, мало хто це робить. Мало хто подає нам будь-який матеріал написано будь-якою мовою.

Шануймо своє минуле

How should the Editorial Board of *Promin* address the problem of few submissions to the magazine in any language? How can we encourage our members and supporters to write articles for Promin in either Ukrainian or English? My job is to edit material, not to fill the magazine with my own writing. This is OUR periodical!

Leona Bridges
Editor

Скільки грошей ми зараз розпускаємо, щоб заохотити людей писати? Чи наша редакція готова фінансово підтримувати авторів? Чи наш журнал готовий платити авторські права? Чи він готовий наймити письменників?

In May of 2016, I, as Editor of *Promin*, was invited to an information-gathering meeting by the Deputy Director of Broadcasting and Digital Communications of the Ministry of Canadian Heritage, Scott Shortliffe. Sitting at a table with the likes of Hélène Lequitte, Editor of Le Franco-Albertan and Curtis Gillespie, freelance editor, I felt like I was in over my head. That is, until Scott warmly welcomed me personally, well acquainted as he was with the publication I represented,

being the grandson of the late Helen Raycheba, longtime Soyuz member and activist. Scott is gathering information from artists across Canada in order to revamp Canada's copyright laws. I was privileged to be a part of that discussion and shocked to find out that only about 30 writers in Canada make a living as authors.

What can we do in the future to promote authors, particularly writers of texts in Ukrainian? I have a few ideas, all of which would require financial support :

1. Writing contests,

2. A fund to pay copyright fees,

3. Researching Ukrainian-related blogs on the internet and offering those writers compensation for printing their material in *Promin*,

4. Hiring columnists.

У цю пору, коли комп'ютери всюди вживаються, коли люди користуються всякими розвагами, дуже трудно притягнути до себе увагу читачів. Отже, пишімо до нашого журналу! Оригинальні тексти написані нашими самими членками та прихильниками збережать свіжість нашого журналу.

Do we really believe in promoting Ukrainian writing and good English writing for that matter? If so, let us commit some money to the cause. I welcome your ideas for future issues of Promin !

Redesigning our Future
Photo - L. Sembaliuk Cheladyn

Leona Faryna Bridges
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Group Photo from Convention
Bob Talbot

Back Cover:

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Crescendo Performance by Nick Hirschmann/ Production World

Rob Hislop

DEADLINES

Please note that the deadline for submissions for our **December - January** issue is

October 20, 2017

Upcoming submission deadlines are:
Feb - Mar issue - December 20, 2017
Apr - May - February 20, 2018
June - July issue - April 20, 2018

For more information contact:
bridgesl@telus.net

DONATIONS

Donations

- Andrushko, Olga, Vernon, BC — $ 20.00
- Korol, Dorothy, Canora, SK — $ 50.00
- Sembaliuk, Pat, Sidney, BC — $ 50.00
- Siryjenko, Darcia, Calgary, AB — $ 50.00
  Honouring Mother, Anna Siryj, on the occasion of her 99th birthday on July 17
- Sup, Lucia, Dorval, QC — $ 20.00

Donations in Memory of...

- Bridges, Leona, Edmonton, AB — $ 50.00
  In memory of Dobr. Nadia Kryschuk, Edmonton, AB
- Corlett, Betty, Edmonton, AB — $ 50.00
  In memory of Caroline Malayko, Edmonton, AB, 64 year UWAC member
- Haugen, Christine, Fallis, AB — $ 25.00
  In memory of Dobr. Nadia Kryschuk, Edmonton, AB
- Holden, Marie, Edmonton, AB — $ 100.00
  In memory of parents Malania and Anton, and Sisters Rose and Olga Chonoluk and niece MaryAnn Euchuk
- Kluchka, Elaine, Edmonton — $ 25.00
  In memory of Anne Hymanyk
- Shevchuk Sugden, Nathalia, Oalgrave, ON — $ 100.00
  In memory of parents Maria and Petro Shevchuk
- UWAC National Executive, Edmonton, AB — $ 50.00
  In memory of Mary Woroniuk-Budzak (Saskatoon, SK), UWAC National President from 1989 to 1993
- UWAC National Executive, Edmonton, AB — $ 50.00
  In memory of Michael Kozak, husband of Carla Kozak, UWAC National Executive Member 2015- 2017
- UWAC St. John's Cathedral Branch, Edmonton, AB — $ 100.00
  In memory of Nadeya Bodnar, Edmonton, AB
- Wenger, Marusia, St. Leonard, QC — $ 25.00
  In memory of Halia Scherbluk (dec. July 2016)

May their Memories be eternal. Вічная пам'ять!

The Board and staff of Promin wishes to thank every donor for each donation. We fully understand the service, the dedication and the commitment that each dollar represents and we are honoured by, and thank you for, your support.

NEWS FROM SYLVIA GRAY,

UWAC National President

Sylvia Gray
President

Photo by
Bob Talbot

MESSAGE FROM THE NEW NATIONAL PRESIDENT,
SYLVIA GRAY

Allow me to first introduce myself—I am Sylvia Jeanne Gray, a second-generation Canadian born in Saskatoon, Saskatchewan to Paul and Jeanne (nee Federiuk) Makowsky. I am the older of two daughters. Both my parents were teachers and I grew up in several small towns in rural Saskatchewan.

My family moved to Calgary where I completed Grade 12 and started my B.A. at the University of Calgary. I was active at St. Vladimir's Ukrainian Orthodox Parish, participating in CYMK, Ukrainian dancing and in teaching Sunday School.

I met and married James Gray and together we raised Michelle, Lori, Timothy and Tammy. All of our children now have their own families and I am both a grandmother and a great-grandmother.

For many years, I was employed by Alberta Government Telephones. Then I decided to get certification as a teacher from the University of Alberta, Edmonton. My full-time teaching career began in the Ukrainian Bilingual Program at Holyrood Elementary School, Edmonton.

Jim and I joined St. Andrew's Ukrainian Orthodox Parish in Edmonton as Father Myroslav Kryschuk said he enjoyed hearing children's voices in church and we had plenty of those! I became active in the St. Andrew's Ladies' Auxiliary and later became the President of St. Anna's Branch of the Ukrainian Women's Association of Canada at St. Anthony's Parish in Edmonton.

I have spent a number of years on the Alberta Provincial Executive of UWAC, including the position of Treasurer. When Gerri

Nakonechny was President of the National Executive, I was a Member-at-Large.

As a long-time Member of UWAC, I reflect on another time...continuing to have a dream...totally inspired by Rev. Martin Luther King and borrowing liberally from the inauguration speech of previous U.S.A. President, Barak Obama.

We have progressed but, keeping in mind scriptural verse, let us put aside childish things and petty grievances and recriminations. Are there differences? Of course! However, we need to pick ourselves up, dust ourselves off and continue on our journey so that our sisters, daughters, daughters-in-law, granddaughters and nieces will choose to proudly stand with us; to join us not just in remembering and maintaining our roots, but also in expanding our Ukrainian identity in Canada.

It was for us that our ancestors packed up their few belongings and travelled across the ocean in search of a new life. They struggled and sacrificed so that we might live a better life, including freedom of religion and freedom of association.

UWAC was and continues to be shaped not only by those who have gone before us, but by the participation of each and every one of us. The journey is not one of shortcuts or settling for less. It is not for the faint of heart; it has been the risk-takers and doers who have allowed us the successes we currently enjoy.

Greatness is earned, not given. Does UWAC fulfill a need? Does it work? It was started with the idea of rendering service; a willingness to find meaning in something greater than ourselves. The values upon which success depends—hard work and honesty, courage and fair play, tolerance and curiosity—are as much in effect now as they were then.

It was the recognition that we have duties, not just to ourselves, but also to our parishes, to the Canadian community, to the Ukrainian nation and to the world (in, for example, the areas of education, poverty, human trafficking, etc.). Duties that we take on with generosity and co-operation, firm in the belief that there is nothing so satisfying to the spirit, so defining to our character, than giving our all to a demanding task ("Make a joyful noise unto the Lord").

Let us reaffirm our goals and objectives. With God's guidance and your commitment, UWAC shall continue to be vital.

Glory be to God! May His glory be forever!

Sylvia Gray, President

Чому ми повинні стати членками Союзу Українок Канади?

Славна історія

Історія Союзу Українок Канади дійсно починається в 1880-их роках на Україні, коли українська жінка пробуджувалася до самостійної творчої праці, пробивала перші стежки до участи в суспільно-громадському житті, змагалась за право на освіту. Завдяки Наталі Кобринській та її однодумцям, появився "Перший вінок", збірник присвячений жіночому русі українськими авторками. Самий Союз Українок Канади був заснований 1926-го року в Саскатуні, три роки перед тим, що Емілія Мирфі та інші канадські жінки успішно переконали Уряд Канади визнавати жінку як людину рівно з мущином. Здобутки Союзу через більш як 90 років численні.

Збереження та розвиток української культури в Канаді

Проекти Союзу за 90 років включають: створення Українського Музею Канади, створення рідних шкіл, танцювальних шкіл, відділів Молодшого СУМКу, садочків, двомовних програм, власного журналу, матеріалів для недільних шкіл, фінансову підтримку парафій Української Православної Церкви Канади, членство й активну участь у "National Council of Women", видання різних книжок, та інше.

Захист права жінки

Союз Українок Канади завжди мав відносини з Союзом Українок (України) і далі працює, щоб захистити права жінки через своє членство в Світовій Федерації Українських Жіночих Організацій як також у "National Council of Women".

Сприяння духовности та послуги іншим

Членки Союзу Українок Канади поважають віру Православну та не цураються свого обов'язку як християнки обслуговувати інших. Вони не жалують свого часу приготовлювати вареників ані доносити до столів або мити начення.

Підтримування демократії та права й обов'язки громадянина

Союз завжди підтримував демократію, вибираючи свої голови відділів та референток та проваджуючи зборами. Союзанки значно допомагали Урядові Канади протягом Другої Світової Війни та серіозно ставляться до своїх обов'зків як громадянки, беручи на себе відповідальність також у інших організаціях канадського суспільства.

Леона Фарина Бриджес

Why Should We Become Members of the Ukrainian Women's Association of Canada?

An Amazing History
The history of the Ukrainian Women's Association of Canada is an amazing one! It begins in the 1880's in Ukraine when Ukrainian women first began to realize that they could contribute to society in ways other than domestic; they could find work that would make them self-reliant; they could get an education. Thanks to Natalia Kobrynska and women like her, a collection of literary works appeared in 1884 entitled "The First Wreath" written by women and initiating a women's movement in Ukraine. The Ukrainian Women's Association of Canada was formed in Saskatoon in 1926, three years before Emily Murphy led Canadian suffragettes in having the BNA Act changed to acknowledge women as "persons". The accomplishments of the UWAC in just over 90 years are staggering.

Preservation and Development of Ukrainian Culture in Canada
Projects of the UWAC in the past ninety years include: creation of the Ukrainian Museum of Canada, creation of Ukrainian Schools, Ukrainian Dancing Schools, branches of Junior CYMK, play schools, bilingual (Ukrainian-English) programs, a magazine, materials for Sunday Schools, financial support for Ukrainian Orthodox parishes across Canada, membership and an active role in the National Council of Women, book publishing, etc.

Defence of Women's Rights
The UWAC has always maintained a relationship with the Ukrainian Women's Association (in Ukraine) and continues to support the struggle for women's rights by maintaining its membership in the World Federation of Ukrainian Women's Organizations and in the National Council of Women.

Promotion of Spirituality and Service to Others
Members of the UWAC revere the Orthodox faith and do not stint in their Christian duty to provide service to others. They are happy to "pinch perogies", wait tables and do dishes in their parishes.

Supporting Democracy and Citizenship
Operating democratically, electing presidents and other representatives, running meetings using parliamentary procedure are long-standing features of the UWAC. Our association contributed significantly to the War Effort during WWII. Our members provide leadership and assistance by belonging to other organizations in the Canadian community.

Leona Faryna Bridges

Шановна пані Редакторко, Леона Бриджес!
Я з приємністю прочитав останнє число "Проміня". Це, звичайно, після того, як прочитала його перше моя дружина, Олена. На її пораду, я вирішив послати для вашої бібліотеки дві мої книжки і дві вірші з інших книжок, які ви можете, якщо бажаєте і вони вам підходять, надрукувати у вашому журналі.
Також прошу помістити оголошення про мою повість "Та тому що" (див. стор. XX).
Я вже скінчив писати рукопис другого тому повісті "Та тому що", але так як ви пишете в останньому "Проміні", видавництво книжок, часописів та журналів дуже змінилося в останні роки й я тому видаю свої книжки почерез видавництва України, а не Канади. Там видно більше читачів української мови.
Я думаю, що не лише читання змінилося, а й читачі. Теперішні читачі скоріше витратять $20 за пляшку "Смірновки" ніж за книжку. Фізичне задоволення тепер є багато важливіше ніж духовне, чи культурне, чи...а все ж...

Як то добре, що на світі,
Зміни йдуть завжди,
Із дівчат стають бабусі,
А з хлопців—діди.

З пошаною,
М. Н. Латишко,
Етобікок, ОН

НОТАТКА РЕДАКТОРКИ: Щиро дякуємо за дві книжки, що Ви нам вислали. Помістимо уривки й вірші в майбутьніх наших числах "Променя".

Dear Leona,
I want to thank you very much for the complimentary copy of PROMIN. I have enjoyed reading it cover to cover and it makes me wish to read Ukrainian! I am thrilled with your support of Kalyna and am very grateful to you and your readers.
Sincerely,

Pam Clark
Calgary, AB

Dear Leona,
Every edition of Promin just gets better and better. I enjoyed the article about your Baba Faryna very much. I remember that she loved to travel and was an exceptional bridge player.
I particularly remember a Sunday dinner at Donna and Dennis Kowalishin's home. After dinner, my son-in-law, Gary and his friend—hotshot bridge players—asked who wanted to play bridge. Baba Faryna and your Aunt Katherine (Kay) volunteered. Needless to say, the men found their match and then some! One of Gary's comments after the game was, "Wow! Baba Faryna remembered every card that went by!" Her talent for the game shone in many bridges circles for years after that.

Thank you for the work you do. Congratulations,
Your Godmother,

Gloria Ferbey,
Edmonton, AB

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Дорога пані Леона!
Please find enclosed a cheque for the renewal of my subscription until 2019. Also, please accept my donation in memory of my dear parents, Maria and Petro Shevchuk, who were great supporters of the Ukrainian word.
I wish to congratulate you and your editorial staff for the fresh format and interesting and informative articles. Upon arrival of each issue, I sit down with a cup of tea and enjoy "a read" from cover to cover.

May God bless you and your work as you continue to build on what our pioneers began long ago!
With much appreciation,

Nathalia Shevchuk Sugden,
Palgrave, ON

Dear Betty,
Thank you to all those involved in producing Promin. I thoroughly enjoy the articles featuring Ukrainian accomplishments all across Canada, especially those from Alberta and Saskatchewan. Promin continues to keep me connected with old friends. God bless you!

Pat Mulka Ciona,
Blaine Lake, SK

EDITOR'S NOTE: Thanks to Pat and her husband, Andy Ciona, for lugging their dear Aunt's Promin collection from North Battleford all the way to Edmonton. I am much obliged to receive Olga Nikiforuk's Promin collection—and so beautifully organized! Thank you, Olga!! It will be put to good use.

Please find enclosed the renewal of my subscription to your very interesting journal.

Jennie Kuzyk,
Belle River, ON

Dear Promin Director, Leona Bridges,
Please accept my renewal of and donation to a most readable and well organized magazine! In our old age, we ladies read our Promin not once, but many times over and over. Keep up the good work for many more years of Promin. May there be many more subscribers!

We closed our church in 2012 in Waterford, ON due to old age on our part and health problems. Morris and I moved to Vernon, BC over four years ago and we are members of our Ukrainian Orthodox Church of St. Mary the Protectress here. What a beautiful place Vernon is! We thank God and our extended family for helping us move. We also thank God for our five children and eleven grand-children. Our 71st Anniversary took place on August 24. Wow! I kind of feel 70 and not 93! Morris is 96 and a retired soldier. He is healthy aside from some nerve damage after shingles. I guess we all have our aches and pains. Today is August 20 and tomorrow there will be an eclipse of the sun. Could be that it will be visible from Vernon!
May God bless you with good health! Sorry for my poor writing and mistakes, always friends as ever,

Olga and Morris Andrushko,
Vernon, BC

Keep up the good work!

Patricia Sembaliuk,
Sydney, BC

Thanks for the issue of Promin and thanks for such a high quality journal,

Roman Yereniuk,
Winnipeg, MB
Chair, Project Liubov

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

Above clockwise from top left: *Past Presidents: Sonia Bremner, Donna Van Beselaere, Cathy Luciuk, Olyne Patryluk, Natalie Ostryzniuk, Evelyn Korpus, Gwen Warnyca; Olyne Patryluk speaks; Memorial for Deceased Members; Presentation by Lesia Perritt.*

Daughters of Ukraine - Regina Branch Celebrates 90th Anniversary

On June 11, 2017, members and special guests gathered to celebrate the 90th Anniversary of the Regina Branch, Daughters of Ukraine, of the Ukrainian Women's Association of Canada.

The Mistress of Ceremonies for the occasion was Karen Warnyca. Following the opening prayer, Gwen Warnyca and Natalie Ostryzniuk (co-Presidents of the branch) honoured deceased members by reading the 87 names. Natalie Ostryzniuk presented a brief history of the organization from its beginnings in February, 1927 to the present.

Following dinner, the anniversary cake was cut by past presidents. This was followed by greetings from Lesia Perritt, National UWAC President; Leona Procyshyn, Provincial UWAC President as well as representatives from the local UOC parish, TYC/UOMA and Prosvita.

Olyne Patryluk, a member of 50 years, gave a presentation reminiscing about the years she spent as a member of the Ukrainian Women's Association.

Many thanks to the organizing committee:
Cathy Luciuk (co-ordinator), Gwen Warnyca, Natalie Ostryzniuk, Sonia Korpus, Olyne Patryluk, Sonja Pacholek, Aileen Pillipow, Evelyn Korpus and Sonia Bremner.

Photographs by Vincent Ostryzniuk

Raina Fyson and Zora Jackson

Honouring Ukrainian Canadian Pioneers

Third Annual Festival in Ottawa

The Capital Ukrainian Festival in Ottawa celebrated the 125th Anniversary of Ukrainian Settlement in Canada with an exhibit of pioneer tools, embroideries and artifacts from July 21-23, 2017. It was the third year for the display. Families offered heirloom items such as old sheepskin coats or a one-hundred-year-old bronze pot. Along with this, there was a display of weaving and samples of weaving from courses given years ago at the Banff School of Fine Arts by the late Daria Yanda. She taught the course each summer for many years, enabling women across Canada to live together for two weeks and participate in classes. They learned how to transpose Ukrainian embroidery designs into weaving patterns.

Of interest to many people was a large map of Ukraine demarcating the main cities and regions and explaining the different motifs and colours of each region. As an example, the Kyiv region depicted floral motifs, mainly in red and black, while the Poltava region used green, yellow, greys and subdued colours.

The Festival has grown. Thirty-three different groups of dancers, singers and entertainers from Newfoundland to Saskatoon participated this year, including performers from Windsor and Thunder Bay. This was the first year of participation for the well known "Тут і там" from Saskatoon, who also played one evening at the Korchma (pub night, after party) at the Ukrainian Orthodox Hall.
Attendance has grown from 7,500 visitors in the inaugural year (2015) to 25,000 people. Suppliers of Ukrainian foods were faced with the dilemma of enormous success.

Zora Lucyk Jackson

NEWS FROM OUR BRANCHES

Ukrainian Museum of Canada, Saskatoon

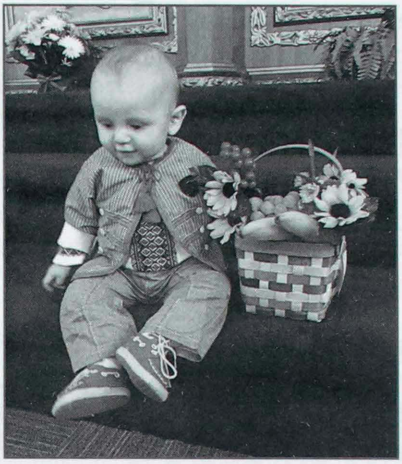
FOUNDERS' GALA

Dear Readers,
I am pleased to invite you to the first **Founders' Gala** of the **Ukrainian Museum of Canada of the UWAC** (also known as the "Jewel by the River") on **October 14, 2017**. The event will be held at the **Park Town Hotel in Saskatoon**. It promises to be an evening of memories and entertainment with fun for all. You will find the details below.

We hope to see you there!
Mary Humen, Board Member

FOUNDERS' GALA
Presented by
UKRAINIAN MUSEUM OF CANADA
OF THE UWAC
OCTOBER 14, 2017
PARK TOWN HOTEL
COCKTAILS 5:30 – 6:30 PM - DINNER 6:30pm
ENTERTAINMENT UNTIL 11PM
SILENT AUCTION; RAFFLE
TICKETS $100
ADVANCE SALE ONLY
AVAILABLE AT UMC (CASH/CHEQUE) 306-244-3800
UMC website: www.umc.sk.ca
MARY@ 306-244-4345
DRESS SEMI-FORMAL

Sponsors: HVB Chartered Accountants, Kindrachuk Agrey Architecture, New Community Credit Union: Tourism Saskatoon, Star Egg, J&S Picture Warehouse: ISC – Land Titles: UCPBA UWAC Olha Kobylianska Branch: UWAC Hanka Romanchych Branch



Марко Синевський з кошиком - Фото Василь Синевський

Свято Преображення - Фото Василь Синевський

СВЯТО ПРЕОБРАЖЕННЯ – "СПАСА" в Катедрі св. Івана

Преобразився єси на горі Христе Боже, показавши ученикам Твоїм славу Твою.

Катедра св. Івана в Едмонтоні відсвяткувала свято <Преображення> - або як в народі називають <Спаса> - що є одним з найбільш улюблених свят господарської України.

Вже ось-ось будемо бачити як золотисто почнуть мерехтіти дерева, бо наше, таке коротке, літо кінчається. Але на прощання того соняшного літа, наш нарід складає земленьці-матері подяку - приносячи плоди перед престіл в церкві, щоб вони були поблагословлені, бо цеж життя-давче наше майбутнє.

У суботу, 19-го серпня, 2017р., наша Парафія св. Івана дуже урочисто відсвяткувала це свято <Спаса>. Під проводом о. Пароха, митр. прот. С. Семотюка, в асисті о. К. Зубрицького і прот. В. Лакусти, церква заповнилася прекрасним співом всіх трьох Священослужителів - <*Преобразився єси на горі Христе Боже* . . . > Цей спів так милозвучно зливався зі співом нашого дяка, п. Ф. Гуцуляка, як також присутніх парафіян.

Проповідь про релігійне значення свята <Преображення> сказав дуже змістовно о. К. Зубрицький, який повязав значення цього великого свята з традиційними обрядовими звичаями.

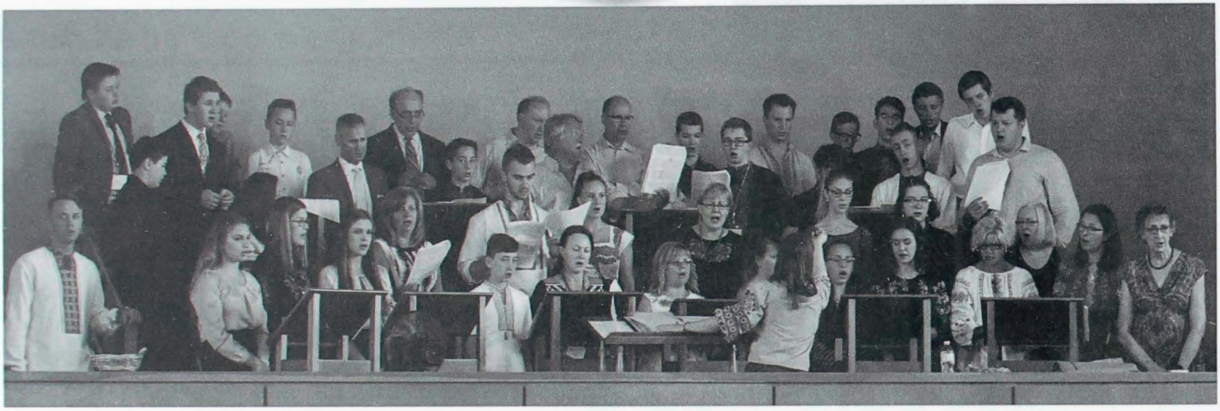
Хоч цей звичай, святити овочі, є дуже старовинний, в Едмонтоні він почав занепадати. Кілька років тому, як згадує одна парафіянка, було лише чотири кошики до свячення. Хоч люди і тоді, як тепер, мали свої гарні овочеві сади і городи, звичай <Спаса> забувався. Але таки не забувся, бо цього року аж три столи були заставлені чудовими кошиками, вдекорованими квітами і зіллям, повні прекрасних домашньо-вирощених овочів (фруктів) - винограду, яблук, черешень, помідорів, маку, і інше. Вірні принесли ці плоди, щоб їх поблагословив священик, і щоб подякувати Богові за щастя що живемо в такій мирній і тихій країні, де нема голоду ані переслідувань.

Гарне число дорослих і молоді, дехто в вишиванках, молитовно клонили голову, коли о. Зубрицький <щедро> всіх <покропив> на добре майбутнє.

Дай Боже щоб слідуючого року нас ще більше взяло участь в святкуванні <Спаса>.

Ольга Логвиненко

Discovering Unity! 2017 National Youth Convention



CYMK Choir sings Divine Liturgy, Conductor, Christina Kowalenko

Discovering Unity! 2017 National Youth Convention

Ukrainian Orthodox Youth successfully completed the program "Discovering Unity" at the 2017 Convention of the Ukrainian Self-reliance League of Canada August 10-13. Approximately 60 participants aged 7 to about 23 gathered in Winnipeg, MB for a cross-Canada youth convention.

Participants included members from Alberta, Saskatchewan, Manitoba and Ontario—29 Senior CYMK members, 10 guests (4 of whom were seminarians from St. Andrew's College) and 10 Junior CYMK members. Ten advisors were present, including five priests.

All members of the Ukrainian Orthodox community were invited to participate in the convention, including parents, parish priests, parish council chairs and all members interested in creating a youth group in their parish.

Special and new this year was a chapel at the hotel. All youth registrants received a complimentary prayer book to be used for morning and evening prayers each day (led by Father Bohdan Hladio) and Vespers Saturday evening. It was inspiring to see UWAC and TYC delegates attending prayer services, too.

The event opened Wednesday evening with a keynote address by CYMK alumnus, Fr. Peter Haugen, who spoke about faith and hospitality, and encouraged everyone to find the suffering in their lives and serve them. Group games and a pool party followed.

Thursday was a special day away, with a morning of sessions exploring the concept of "community".

- **Community 101:** The theme was "What is deep community?" and Christina Kowalenko, National Youth Organizer, led the discussion about how to commit when you are an avid individualist.
- **DIY—How to Start Your Own Community:** Connor Moen, National SUSK Co-ordinator, instructed members on the importance of recording

what is said, done and decided at meetings.

- **Growing a Tribe:** Yuri Hladio, National Youth Organizer, practised with participants how to talk to new youth at Church.

During a luncheon of Greek cuisine, UOCC Chancellor, Fr. Taras Udod, spoke to the group about JFK's famous quotation: "Ask not what your country can do for you, but what you can do for your country."

In the afternoon, after a swift session by Orysia Kostiuk about learning how to ask clarifying questions before assuming a conflictive/defensive posture, the group split into two—some traveled to the Museum of Human Rights to view its world-class displays while others went to Winnipeg Harvest, a food bank, where they quickly set up their own sorting process to sort bread products.

Friday morning, Ukrainian Orthodox youth explored the natural environment at historical Fort Whyte with the Junior CYMKivtsi (7-13 years old) and reconvened at the Delta Hotel in the afternoon in its locals to start charting plans for the upcoming year, applying the previous day's information. The Junior program met with the seminarians nearby for a conversation, followed by the painting of icons. The day finished with engaging round-table discussions with other members of USRL and a first-ever Faith-on-Tap informal meet with priests at the local pub, where the priests shifted from table to table like speed-daters, ready to answer any questions their table guests presented, including "Does the length of your beard indicate your level of holiness?"

After an early morning Annual General Meeting, with reports from locals and the National Executive, the group created some wonderful resolutions before breaking for lunch. The afternoon concluded with a long, but musical choir rehearsal preparing for the next day's Liturgy. After the banquet's dessert, CYMKivtsi charmed everyone with their laid-back rendition of popular Ukrainian folk songs, featuring ukuleles. A "zabava" followed, featuring a local band, "Budmo", and a wonderfully quirky photo-booth.

Sunday morning came too soon, but everyone was bright-eyed to sing the 9 a.m. Hierarchical Divine Liturgy conducted by Christina Kowalenko. Several CYMK members received Holy Communion, a first in several years! Quick, teary goodbyes were said after the yummy brunch with an air of excitement in the knowledge that everyone would be seeing each other every summer for the next four years!

Special thanks to first-time sponsor, the Ukrainian Orthodox Church of Canada Foundation, and to the ever supportive SUS Foundation of Canada for their significant donations. We also want to thank the Taras Shevchenko Foundation (Temerty Fund), USRL Project 20,000 and National USRA/TYC for their support.

Christina Kowalenko **CYMKivtsi ham it up at Convention**

Junior CYMK huddle

Swearing in new CYMK Executive

MY CONFERENCE CONUNDRUM

"Conundrum: a confusing or difficult problem or question; anything that puzzles."

BIENNIAL CONVENTION OF THE USRL OF CANADA, AUGUST 10-13, 2017

Along with four other delegates, I represented the Ukrainian Women's Association of Canada (UWAC) St. John's Cathedral Branch, Edmonton, at the two-day Ukrainian Self-Reliance League of Canada (USRL) biennial conference in Winnipeg, August, 2017. This was my first USRL conference. As a retired educator and administrator, I have attended many conferences in the past. On these occasions, the expectation was that not only did participants learn something but they brought back an altered perspective or engaged in an action motivated by the conference. I hoped the Convention discussions and decisions would help me decide whether I should continue to work on updating the UWAC St. John's Branch policies or wait for the proposed organizational structure change to be implemented.

I was in a "catch -up "mode compared to most of the seasoned repeat delegates. It took me awhile to recognize the Ukrainian and English acronyms for the many organizations that were represented at the conference. During the proceedings, I was challenged to consider alternative perspectives. My knowledge and understanding of the USRL and related organizations were enhanced by the passionate and knowledgeable delegates at meetings and in informal conversations. The printed reports and booklets from the conference packages distributed to delegates upon registration and the additional material handed out during the meetings could have helped expand my knowledge, but the very heavily packed schedule presented limited opportunities to read through the material. When I could grab a break, it was used to get the blood flowing to all limbs and to find some chocolate!

My conundrum was how to take all the information in, make sense of it, and then make well-informed voting decisions or make recommendations to my organization. Many other

Above clockwise from top left: *New UWAC National Executive - photo by Larisa Sembaliuk Cheladyn; Valentyna Noseworthy and Dobr. Genia Bozyk, Organizers - photo by Larisa Sembaliuk Cheladyn; Restructuring USRL Workshop - photo by Bob Talbot.*

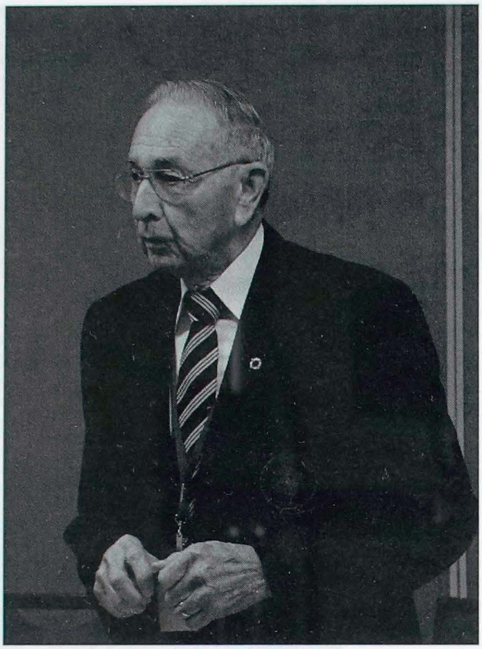
delegates expressed frustration, too, as, apparently, the same issues arose at previous conventions and no change was noted. The key conference discussions centered upon questions of organization and getting a consensus from across Canada, keeping and growing membership, and responding to the current societal needs. Delegates faced a conundrum with many issues and at times a divisive atmosphere was noted.

I returned from the conference with a better understanding of the Ukrainian organizations and an action plan. I had to work through the conundrum of determining what I could DO to help effect change, which would be consistent with the mission of the organization and realistic for me as an individual. I decided to begin with myself and to adopt a positive attitude and engage in actions, which may motivate other members of my community to support the organization's mandate.

I decided that I would not wait for the USRL organizational changes to be confirmed. I would continue to examine and update the local UWAC St. John's Cathedral Edmonton policies. I invite other locals to share with me how they have updated or maintained a current policy document. I believe if we share how we articulate our policies to meet the current needs of our various communities and act accordingly, that the organizational restructuring will evolve naturally.

You must be the change you wish to see in the world.
Mahatma Gandhi

Julia Megley Elaschuk, M. Ed.,
UWAC St. John's Cathedral Branch, Edmonton



Counter clockwise from top right:
Convention Chair Maurice Bugera - photo by Bob Talbot;

Julia Elaschuk at USRL AGM - photo by Bob Talbot;

CYMK performs at Banquet - photo by Larisa Sembaliuk Cheladyn;

CYMK Organizers with Dr. Tony Harras and William Strus - photo by Larisa Sembaliuk Cheladyn;

CYMK Choir - photo by Larisa Sembaliuk Cheladyn;

Julia at the Divine Liturgy.

Clockwise from top left:
Dr. Peter Kondra with Bishop Ilarion - photo by Larisa Sembaliuk Cheladyn;

Institute Representatives - photo by Larisa Sembaliuk Cheladyn;

Dr. Natalia Aponiuk, Editor, USRL History Book - photo by Larisa Sembaliuk Cheladyn;

Mennonite Aid to Ukraine Speakers - photo by Larisa Sembaliuk Cheladyn;

Julia with Larisa Cheladyn, Lorna Stefaniuk, Christine Zwozdesky, Donna Kowalishin and Tatiana Martschenko;

Embroidered Friends, Sonia and Margaret - photo by Bob Talbot.

REAL SUPER HEROES

Far too many people have the false idea that the Bible is about old men doing weird things for reasons we are not quite sure about; but the Bible has many accounts of people – including very young people – doing brave things for God because they love Him. Let's look at some real-life super heroes.

David the shepherd, the youngest of the 8 sons of Jesse, was only about 16 when he killed the giant Goliath and saved Israel (Samuel 1: 17).

The book of Daniel tells us about Daniel himself, who was a teenager when he stood for the right against the king's chief steward (Daniel 1:1-16). Later, as a young man, Daniel showed his faith in God by praying when it was forbidden by law and, thrown into a pit with hungry lions because of it, being saved from the lions by an angel (Daniel 6). His three friends (Mishael, Hananiah and Azariah) were teens when they were thrown into a pit of fire and saved from harm by the angel of God (Daniel 3). In each case, the actions of these superheroes caused the pagan king to glorify the True God.

Esther was in her mid to late teens when she became queen of the Persian empire and, at the risk of her own life, saved all of her people from annihilation (Book of Esther).

Judith was in her late teens or early twenties when she saved her nation from an invading army (Book of Judith).

St. John the Evangelist was in his early twenties when he became the youngest of the twelve Apostles.

St. Timothy was a young priest when he received letters of encouragement and instruction from St. Paul (Timothy: 1 & 2).

Lydia was a young business woman (Acts 16: 14-15).

Samuel was about 8 years old when God called him to His service as a prophet (Samuel 1: 1 & 3).

Elijah (Kings 1: 17) and Elisha (Kings 2: 2) were both about 20 when God called them to His service.

Josiah was 8 years old when he became king and was one of the best kings Israel ever had (Kings 2: 22).

Gideon was about 18 when he started a revolution (Judges 6).

We all need to remember that young people are not junior members of Christ's Church. You children, teens and twenty-somethings are equal with all adults in your privileges and responsibilities. You have the privilege of being free to live an abundant life because Christ has overcome death. You have the privilege and responsibility of praying for yourself and for others and of teaching the True Faith to those around you by your words and your actions. In short, each of us is called to be a super hero for God.

How will you serve God in your life?

How will you serve Him today?

Carla Kozak

Рідне слово

Створіння Боже

(Присвячую доньці Наталці)

Жінки—це є природа,
Життя надія на землі,
Дитя і Мати Божа,
Маяк майбутності в імлі.

І біль, і муки, і терпіння—
Заплата за любов твою,
Радість, і сльози, і моління—
Дитину бачучи свою...

Нема жінок—нема кохання,
Немає сенсу у житті,
Нема причини на бажання
Мужчинам буть на Пієті.

Їх Бог створив, як ту прикрасу,
Й веселку у дощі весни,
Й нектар життя для всього світу,
І усмішку мужчинам в сни.

Жінки—це ніжність й заохота,
Це три колони у сім'ї,
Це біль віків і мужність Ґота,
Це Матері твої й мої.

Всякі жінки є в цьому світі,
Але без них—життя нема.
Вони, як бджілки працьовиті,
Чи це весна, чи це зима.

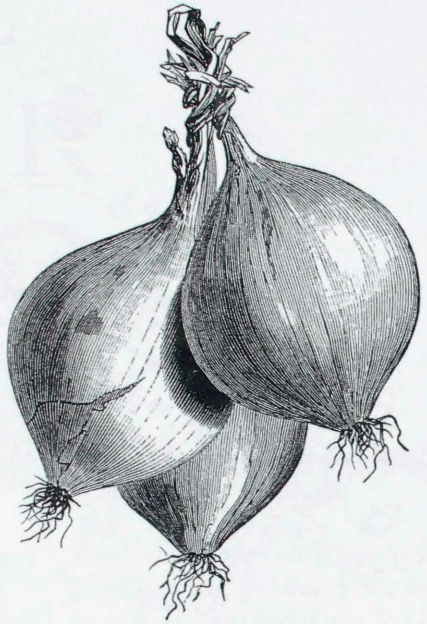
Без них любов є немислима,
Без них дітей й батьків нема,
Без них життя—порожня нива,
Із ними—день, без них—пітьма.

Жінки—створіння дивне, Боже:
Носить Адамів новий плід,
Коли він йде кудись у війни,
Іти у Пекло за ним вслід.

Живи ж, Природо, Жінко, Мати,
В тобі спасіння світу є,
Без тебе сміх і плач дитяти
І пульс життя нігде не б'є!

Микола Латишко

For the Love of Gardening



GROWING, HARVESTING, CURING, AND COOKING WITH ONIONS

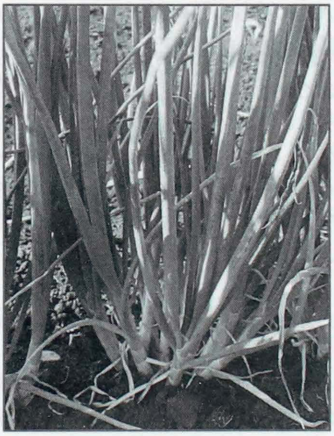
Introduction: Onions are the foundation of many recipes in cultures around the world. The soup base in French cuisine begins with a mirepoix of two parts onion, one part celery, and one part carrots; the Spanish paella begins with a sofrito of onion, garlic, and tomato; in Italy the soffritto is a base of onions, carrots, and celery; in Germany the suppengrün is a mixture of carrot, celery, and leek; and Cajun cooking includes the "holy trinity" of onion, celery, and green bell pepper. In Ukrainian cuisine, onion is the key ingredient that contributes to very flavourful dishes such as nachynka, holubtsi, borsch, and studenets (студенець). The common ingredient in all these examples is the onion.

Cooks use onions in soups, soup stock, meat dishes, casseroles, salads, pickles, relishes, and as a side dish. Onions can be fresh, cured, pickled, or dehydrated. There are many kinds of onions. In this article, I will include health benefits of onions, information about growing, harvesting, and curing onions as well as onion recipes.

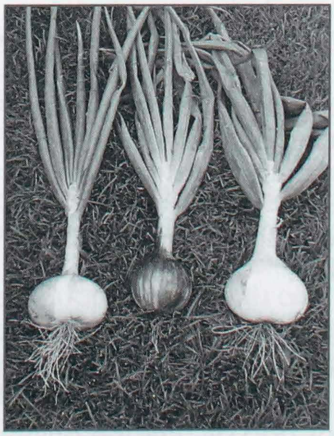
Nutritional Value and Health Benefits of the Onion: Nutrients found in onions include Vitamin B1, B3, B6, C, and E, potassium, calcium, phosphorus, sulfur and traces of copper. The stronger tasting the onion, the more beneficial it is to our health. The onion prevents blood clotting, benefits the stomach, lowers heart rate and blood pressure and is thought to restore sexual potency. It is low in sodium and has no fat or cholesterol.

Types of Onions: Onions can be red, white or yellow in colour, and are shaped like a top, a globe, flat, or a spindle. Varieties

Green Yellow Globe Onions Growing in Garden - All Photos by Vivian Skakun



Shallots Growing in Garden.



From left to right, Yellow globe, Red and Spanish Onion.

can be storage onions, sweet onions, scallions, multiplier onions, or pickling onions. Shallots, multiplier, and globe onions are grown from onion sets. Onion varieties are also grown from seeds.

Choosing for Specific Characteristics: Selecting onions for size, sweetness, days to maturity, and storage time is possible when we select seeds. As onions are daylight sensitive, garden experts recommend that the Canadian gardeners plant intermediate or long-day onions. Long-day onions require 14-16 hours of daylight to form a bulb and mature. Intermediate types are not affected by hours of daylight and can be grown in the northern and southern hemisphere.

Long-Day onions include yellow onions such as Early Yellow Globe (98 days to maturity, moderate storage), and Genesis Hybrid (100 days); Spanish onions such as Sweet Spanish (110 days), Walla Walla (110 days), and Ailsa Craig Sweet Spanish Onion (110 days, good storage); red onions such as Greek Salad Hybrid (105 days, good storage), Red Hawk (107 days), Red Wing (118 days), and Red Globe (100 days, good storage). A good storage, intermediate variety is Candy Hybrid (85 days, yellow). Select and grow seed varieties of scallions. These have a milder flavor as they are usually used before they are mature.

Growing Onions: For optimal growth, onions require full sun and well-drained sandy loam soil. Plant shallots, multipliers and globe onion sets in early spring. Space them six inches apart and about two–three inches deep. When direct planting scallions or pickling onion seeds, scatter seeds in a band of about three inches wide and cover to a depth of ¼ inch in rows that are about 18 inches apart.

Yellow Globe Storage Onion, Not Mature.

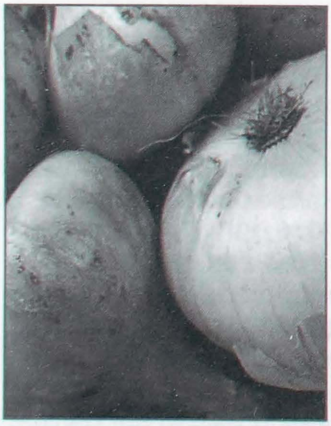
For onions requiring a longer growing season, plant seeds in flats six to eight weeks before transplanting time and transplant into six cell containers when the seedlings have three blades. Forsyth et al. recommend using trays with an insert consisting of twenty troughs that are about one inch deep, one inch wide with perforated drainage holes. Fill the troughs with sterile planting mix. Plant seeds about ½ inch apart and cover ¼ inch deep. For good germination keep the temperature at 70°F. Experts recommend cutting the onion tops to encourage stronger root growth. Keep the growing temperatures cool.

Harden off onions prior to transplanting them in the garden one to two-weeks before the last frost date. Space them six inches apart within the rows that are twelve to eighteen inches apart. Keep the onions weed free.

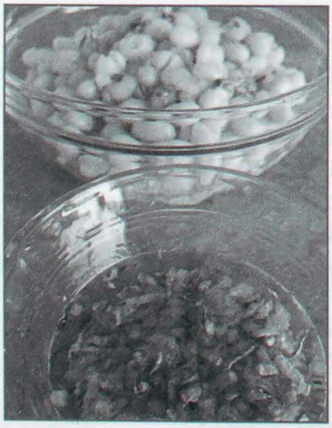
Harvesting and Curing Onions: Depending on the variety, onions are ready to harvest in three or four months. Onions go dormant and have reached full maturity when the green tops are no longer producing new blades of growth from the center. The stem weakens and falls over. If the tops are still green and upright, pull the soil away from the bulb partially to encourage maturity. Onions show a golden skin as they mature. Each blade above the bulb represents a layer of skin around the bulb. For each dry blade just above the bulb, there is one layer of golden dry skin on the outer bulb that will fall away as it cures.

Onion With Dry Onion Skins, Dry Onion Blade and Toppled Greens.

Treat the onions gently when harvesting them, as damaged onions will not store well. During the curing process, keep the onions in a well-ventilated area. When the onion is cured, the outer skin will be crisp and brown. Cut the tops off two or three inches from the bulb and store them in a dark, dry, and well-ventilated area.



Onions Curing.



Fried Onions and White Beans Dressed with Onions.

Recipes

Onions as a Dressing 1: One of the simplest and easiest ways of dressing up potatoes, beans, broad beans, sauerkraut, pidpanky (honey mushroom), pyrohy, or beets is with fried onion and oil. My mother always had a small jar of fried onion and oil in the refrigerator for just that purpose. Sometimes she added a tablespoon of this dressing to her borsch at the time she was adjusting it for flavor.

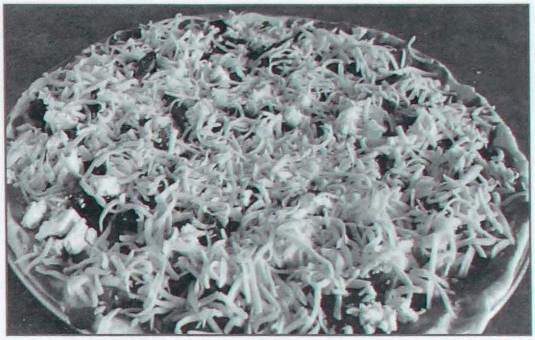
Onions as a Dressing 2: Sauté one cup of chopped onion in one cup of oil until the onion edges turn golden brown. Add one or two tablespoons to mashed potatoes instead of using milk and butter.

Caramelized Onion: It can be included as toppings in pizzas, frittatas, omelets, quesadillas, and bruschetta. It can be served over steaks, chops, or hamburger, or included in quiche, scone batter, or a filling in tarts, or added as a stuffing in peppers, tomatoes or mushrooms. It is the main ingredient in French onion soup. Caramelized onions can be frozen.

Preparing Caramelized Onion:

Sauté four to six cups sliced onion in two tablespoons butter and one-tablespoon oil. Cook and stir until the onions are golden. If you are not using sweet onions, you can

Pizza with Topping.



Pizza with Topping and Mozzarella.

add half a teaspoon sugar at the end of the cook time to produce a golden brown onion.

CARAMELIZED ONION, SPINACH, OLIVES AND FETA CHEESE PIZZA

Pizza Crust: The method below is suitable for instant yeast, not traditional active dry yeast. Follow the package directions for traditional active dry yeast.

Ingredients and Method:

In a bowl mix:
1½-cup flour
4½ teaspoons instant yeast

In a large measuring cup add:

1½ cups warm water
1½ teaspoons sugar
1½ teaspoons salt
6 tablespoons oil

Add the liquid to the dry ingredients in the bowl. Stir and add more flour as required (up to 2 ¼ cups). Knead for five minutes. Cover the dough with a cloth and let it rise until it is double in bulk. This will make two 16-inch thin-crusted pizzas or one 16-inch thick-crusted pizza.

Pizza Toppings for One Pizza:

1 can pizza sauce (7.5 oz./213 mL)
1 can sliced ripe olives (200 mL)
4 cups spinach
¾-1 cup caramelized onion
¾ cup feta cheese, crumbled
1 package mozzarella cheese (454 g)

Method:

Cut the spinach into strips. Heat an oiled pan to moderate temperatures, add the spinach, cover and turn off the burner. The spinach will wilt. When it is cool, squeeze out the moisture.
Roll out the dough to fit the pizza pan. Prick it and brush it with oil. Spread the pizza sauce over the entire area. Arrange caramelized onions, spinach, feta cheese and olives, and cover the toppings with grated mozzarella cheese. Rest for about ten minutes. Bake at 400°F for 30 minutes until golden brown.

MUSHROOMS, CARAMELIZED ONION AND BLUE CHEESE

(Adaptation from Madison's Vegetable Literacy)
Authors of cookbooks have created many different versions of stuffed mushrooms. Following are a few examples: caramelized onion, cream cheese, bacon and spinach; caramelized onion and blue cheese or feta cheese; caramelized onion and olives; or caramelized onions, spinach, and ricotta cheese.

Select large button mushrooms. Brush, clean and remove the stem and scrape out the gills. Place the caps on a baking sheet, season with salt and pepper and fill each cap with one tablespoon caramelized onions. Push a small piece of blue cheese, Gruyère, or mozzarella cheese into each mushroom. I used blue cheese. Bake at 375°F for 20 minutes. Remove the baked mushrooms and sprinkle with crushed walnuts, pecans, or pine nuts and herbs such as parsley, rosemary or dill. I used walnuts. Bake five minutes. Remove and serve.

Button Mushrooms stuffed with Caramelized Onions and Blue Cheese.

* SWEET AND SPICY CANNED ONION MARMALADE

Author: Jami Boys – An Oregon Cottage

Ingredients

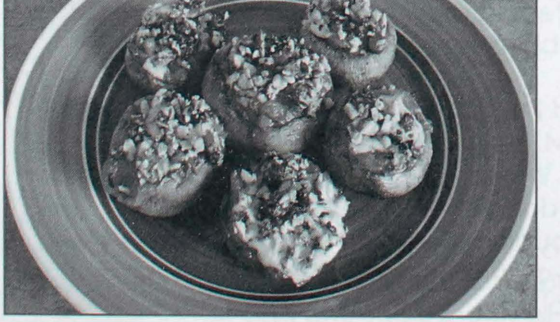
2 lbs. onions
1 c. apple juice
½ c. cider vinegar
2 tsp. fresh, minced garlic
1 tsp. salt
½ tsp. black pepper
¼ tsp. ground mustard
1 tsp. crushed red pepper flakes
3 Tbsp. Low or No Sugar Needed pectin
½ tsp. butter or oil (optional to reduce foaming)
1 c. honey
½ c. brown sugar

Directions

1. Prepare water-bath canner with six ½ pint jars. Prepare snap lids according to package directions.

2. Cut ends off onions and peel; slice in half and cut each half again, lengthwise. Slice the onions ¼ inch thick. Measure six cups of sliced onions.

3. Add prepared onions, apple juice, vinegar, garlic, salt, pepper, mustard and red



Baked Caramelized Onions and Blue Cheese Button Mushrooms with Walnut topping.

pepper flakes to an eight-quart stockpot. Gradually stir in pectin and then add butter if using. Bring to a boil that can't be stirred down. Stir constantly.

4. Add honey and sugar. Return to a full boil and boil for one minute, stirring constantly. Remove from heat.

5. Ladle hot marmalade into prepared ½ pint jars one at a time, leaving ¼ inch head-space. Wipe the rim; attach lids and covers and place in canner.

6. Process for 10 minutes. Remove jars to towel-lined surface to cool and leave undisturbed for 24 hours. Check lids for seal, label and store in a cool, dark place.

This can be used as a glaze for chicken, ham, pork, or shrimp. Add to sour cream as a dip for crackers, pretzels or chips or top with Boursin cheese or cream cheese as an appetizer.

Recipe republished by permission from Jami Boys of An Oregon Cottage, LLC. All rights reserved

Kitchen Wisdom: Chopping onions can bring a tear or two. To reduce these fumes, refrigerate the onions you are planning to use or peel them under running water. Lighting a candle while you work may help.

Good Companions: Deborah Madison suggests good companions for onions are apples, root vegetables, blue cheeses, Gruyère, Cheddar, vinegar, butter, olive oil, cream, sage, rosemary, bay, cloves and cinnamon. Cinnamon and cloves sound unlikely. Madison does a cinnamon butter that she pours over roasted onions.

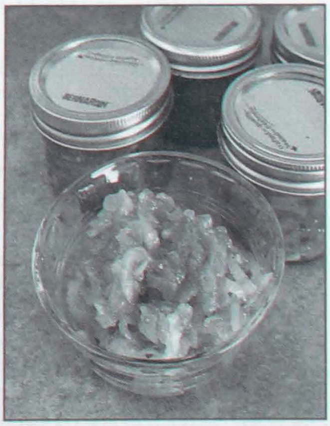
Here's to your good health, as you toil in your gardens, reap a bountiful harvest and enjoy your produce, the wonderful versatile onion. If you have a favorite recipe please share it with our readers in Promin – Soyuz's magazine, the sunbeam whose light guides us into the future.

Vivian Skakun

References top of following page.

Ingredients for Sweet and Spicy Canned Onion Marmalade.

Sweet and Spicy Canned Onion Marmalade in Jars.



Sweet and Spicy Canned Onion Marmalade in Saucer.

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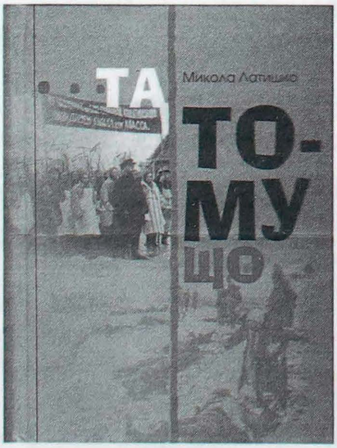

В цій двотомній повісті він описує життя в "ІМПЕРІЇ ЗЛА", під назвою СССР, Голодомор-Ґеноцид 1932-33 років в Україні, Другу Світову Війну, переїзд автора в Канаду і його життя там.

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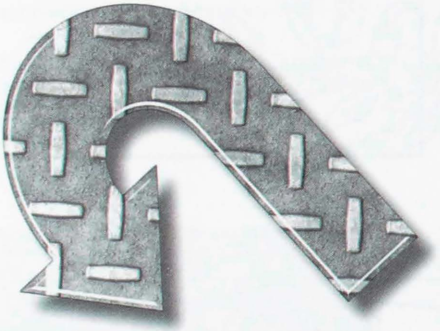

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You are invited to participate in an exciting and innovative project on the Centennial of the Ukrainian Orthodox Church of Canada. The project wishes to collect some 100 stories/narratives/reflections on the life of the church, its leaders, its laity, youth and institutions at the parish, deanery, eparchial and national level. The texts we are looking for should be between 150 and 400 words so that we can publish a volume of 150 pages. All stories matter, as they will be anecdotal historical recollections from your commitment, faith and participation in Ukrainian Orthodoxy in Canada. **STORIES WE WOULD LIKE TO INCLUDE** (only suggestions):

- Events pertaining to bishops and clergy (For example who was your favorite bishop or priest and why!!!!)
- Events and stories of our lay leaders – parish presidents, UWAC presidents and executive members
- Recollections of teachers – in Sunday, Ukrainian school and sadochky, as well as advisors to CYMK
- Unique anniversaries of the church at all levels (For example who remembers the 50th anniversary in Saskatoon in 1968)
- Life of our youth in the church – altar servers, CYMK etc.
- Stories on the building of our parishes – there must be many!!
- How did members adapt from rural parishes to the urban ones (who can write a story of St. Andrew's Sobor in Edmonton and its rural young professional parishioners) and
- Accommodating each of the four waves into the life of the UOCC and many others topics

It is intended that the volume would be an interesting read on one of the oldest Orthodox Churches in North America. WILL YOU PARTICIPATE?????

For further information contact
Dr. Roman Yereniuk, Church Historian at
St. Andrew's College in Winnipeg, and
Book Project Editor at 204 474 7011 or 204 250 7552,
email: roman.yereniuk@umanitoba.ca or
address: Dr. Roman Yereniuk, 204 – 29 Dysart Rd. (St. Andrew's College),
U of M , Winnipeg R3T 2M7.

Monica Cheladyn (nee Mudry) June 27, 1918 – July 3, 2017

On July 3, 2017, Monica Cheladyn (nee Mudry) passed away peacefully at the age of 99. She was born in Prelate, Saskatchewan on June 27, 1918, and later moved to Saskatoon, and then Edmonton, with her parents. Monica lived life to the fullest. As a young woman, she modelled and performed with the Edmonton Opera. Then in 1943, Monica married Dr. John Cheladyn. They raised 3 sons (John, Osep, and Mich) and were active members of St. John's Ukrainian Orthodox Cathedral in Edmonton. Monica was also a member of the Ukrainian Women`s Association of Canada for over 70 years. Monica sup--ported her husband as he established his chiropractic career, and for several years they ran the movie drive-in in Olds, AB on the weekends. Monica and John also loved to camp with friends and family until his passing in 1972. For many years, Monica worked as a legal secretary for Dmytro Yanda, and then as a medical receptionist for Dr. Donald McMillan. Monica loved to travel. She and her best friend, the late Rose Malanchuk, enjoyed touring through Europe, South America, and Asia, as well visits to Phoenix and Las Vegas. In her later years, Monica enjoyed spending time with grandchildren and visiting with the residents at Kiwanis Place Lodge.

The family would like to extend deep felt gratitude for the kind and compassionate care by the chaplain, staff, and caregivers during the last 3 years that Monica was a resident at the Edmonton General Continuing Care Centre (EGCCC), Unit 7Y.

Funeral services were held on Monday, July 17 at 10:00 am, at St. John's Ukrainian Orthodox Cathedral in Edmonton. Interment followed at Beechmount Cemetery.

Вічна їй пам'ять.

CYMKivky of the 1940's--Monica, Natalka Faryna, Olga Marusyk

HELEN SCHERBLUK
July 15, 1928 – July 26, 2016

Helen Scherbluk passed away at the age of 88 years. She was the beloved wife of the late Alexander and the loving mother of Tom (Tara) and Jason (Paula). She will be greatly missed by her grandchildren Darian, Alexander, Kalyna, Yousuf, Patrick and Aria. Helen is survived by her sister, Sylvia. She will be lovingly remembered and deeply mourned by many nieces, nephews, relatives and friends. Helen was an active member of Sophia Rusova UWAC, the Ukrainian Community and served in executive roles on various committees. She was a recipient of organizational and community awards. Her profound kindness, a genuine sense of humour and cheerful disposition will forever endure in our memories. A panakhyda and funeral rite took place at St. Demetrius Ukrainian Orthodox Church in Etobicoke, ON with interment at St. Volodymr Cemetery in Toronto July 28 and 29, 2016.

ГАЛЯ ЩЕРБЛЮК
15-го липня, 1928 р. – 26-го липня, 2016 р.

Ділимося сумною вісткою, що 28-го липня, 2016 р. відійшла у вічність бл. пам. Галя Щерблюк, дружина покійного Олександра, лишаючи по собі глибокий біль, не тільки у родині, але у приятелях і знайомих, як також у своїй спільноті, де вона вкладала свої здібності щирої і відданої громадської праці. Галя залишила в глибокому смутку синів Тома з дружиною Тарою і Джейсона з дружиною Палою та внуків Даріана, Олександра, Калину, Юсифа, Патрика і Арію і сестру Савелю, та багато племінників і близьких друзів.

Вона була довголітньою членкою Союзу Українок Канади та на протязі довгих років займала різні посади. Свого часу була членом крайової Управи, також головою провінційною управи Східньої Канади та довголітною членкою та дев'ять років головою відділу ім. Софії Рувсової в Торонті. Окрім того, була головою Комітету Українок Канади, відділ Торонто на одну каденцію. Протягом останніх 15 років була представником СУ Канади до СФУЖО, де в теперішній каденції виконувала обов'язки протокольного секретаря, а в попередні каденції була членом Контрольної Комісії. За її довголітні заслуги була нагороджена різними почесним громадськими нагородами. Сердечна доброта, справжнє почуття гумору та її весела вдача назавжди залишаться в нашій пам'яті.

До останніх днів свого життя, св.п. Галя Щеблюк продовжувала активну громадську діяльність, брала участь у благочинних заходах, віддано допомагала численним жіночим та громадським організаціям, в томи числі Союзу Українок Канади та СФУЖО, в їхній щоденній діяльності.

Чин Панахиди і Похорону відбулися в четвер, 28-го липня і в п'ятницю 29-го в Соборі Св. Димитрія, Торонто.

Молимо Всевишнього Бога, щоб оселив душу покійної Галі в Царстві Небеснім а добра пам'ять про неї нехай вічно буде з нами.

Молимося за упокій душі св. п. Галі Щерблюк.

Вічна їй пам'ять!

Орися Сушко, Голова СФУЖО

Dobr. Nadia Kryschuk (Shwaikowski)

Editor's Note: This tribute to Dobr. Nadia is the condensed version of a eulogy read at her recent funeral. It documents the life of an exemplary "dobrodijka". There are many such "dobrodijky" among us and their stories are seldom told.

February 9, 1936 – August 21, 2017

Nadia was born on a cold morning February 9, 1936, in a one-room house in Shortdale, Manitoba to Joseph and Mary Shwaikowski. She would be an only child—beautiful and precious. The farm at the end of the road was small. Family prayer, hymn singing, and reading the Ukrainian press aloud developed her eager mind. Nadia had a rich social life with grandparents, aunties and uncles at the Boguski homestead (1900) or Shwaikowski farm. She considered her cousins as siblings.

In the two-room school, in the hamlet of Bield, Nadia's name was too Ukrainian, so they called her Ruth. This name appears on all her academic documents. At school, she quickly developed a passion for reading and all things academic. In the winter months, school children travelled by school van, an extension built on top of a horse-drawn grain wagon, which became a sleigh in winter. Nadia looked forward to the winter months, when her dad would drive the school van and stay with the horses. Father and daughter had time to lunch together, read the paper or mail order catalogues from Eaton's and Sears, and form a special bond.

The summer Nadia was 10, she lived away at a month-long Ukrainian summer school. It was a new, exciting experience. The Pawliuk family hosted her. On weekends, she would regale her parents with tales about her adventures. Baba Boguski would stay with them for a month each summer and Nadia would enjoy her wit and wisdom.

Joseph and Mary Shwaikowski sold their family farm when Nadia was a teen, relocating to Vancouver and joining her Uncle Paul Shwaikowski's family. How were nine people going to live together in one house in Vancouver? Somehow they managed! Both parents found employment and, when Nadia entered 7th grade, they eagerly moved into their own home in the Mount Pleasant area of Vancouver. The experience of cold humidity was a challenge for the prairie family.

Eventually, the trio moved to a bigger house, nearer to the parish and its activities. However, they left Vancouver to return to the prairies. In Roblin, MB, Nadia applied herself vigorously to her high school studies. Her academic excellence garnered recognition in the form of the Governor General's Medal and a two-year scholarship to the University of Winnipeg. Nadia had previously attended Ukrainian Summer School at Saint Andrew's College, so she sought room and board there. Living in residence, studying at United College, worshipping at Holy Trinity Cathedral Parish, socializing at CYMK and Ukrainian dancing, Nadia met many young people, including the young Meroslaw Kryschuk of Fedorah, Alberta.

With Meroslaw, Nadia found not only love, but a life's purpose. Married May 25, 1956, they had a common worldview. She worked and he studied. They shared dreams.

Father Meroslaw was ordained a priest in July, 1958. Nadia stayed with his sister, Stella, and brother-in-law, Mike, in anticipation of the birth of a child. While Father Meroslaw was travelling the gravel roads to his first pastorate, "Marusia" or Anna Marie was born. The Kryschuks made their first home together in the Myrnam parish manse. Dobrodijka Nadia was many hours drive from family and friends, yet blessed to be enveloped in the warmth of the parish women and congregation at Myrnam. Joseph was born on a morning in May, 1961 while Father Meroslaw was serving the Divine Liturgy.

In the summer of 1961, Dobrodijka Nadia and Father Meroslaw accepted their second pastorate in Vegreville. The lovely, red-headed Natalia was born in March of 1963. Shortly thereafter, the good Dr. Lukenchuk discovered Nadia had a heart condition and in the Spring of 1964, Nadia had her first open-heart surgery, successful in no small part due to the expertise of the pioneering heart specialist, Dr. Callaghan. The operation was expected to prolong her life for eight or so years, so Nadia lived with purpose, continuing her university studies by distance education, volunteering within the Vegreville Branch of the Ukrainian Women's Association of Canada, and teaching Ukrainian dancing. A piano was purchased for the children and a candy jar was placed upon it to encourage their practising. Nadia loved singing in the Mission District's Ukrainian Orthodox Centennial Choir, which performed extensively throughout Canada's Centennial year.

In 1969, Nadia and the family accepted the next clergy placement to the congregation of St. Andrew in Edmonton. Adjusting to city living, raising a family and serving as helpmeet for Father Meroslaw in his pastoral and community duties brought joy and exhaustion. Nadia worked evening and night jobs at the bank and then in Alberta Health records keeping. However, she also persisted in her academic studies and completed her Bachelor of Arts degree and then her Education certificate. Before her eldest finished high school, Nadia was employed by the Edmonton Public School Board in its brand new Ukrainian Bilingual Program. For twenty years, she was engaged in teaching and consulting. Embracing career, family and community, Nadia learned to use her time wisely. As the wife of a clergyman, she maintained an extremely active role in Father Meroslaw's creative and eclectic mission outreach. She was his supporter, friend, confidant and dance partner.

Her professional life as a teacher blossomed, and her leadership skills gained her the opportunity to consult and mentor colleagues in the Ukrainian Bilingual Program, writing curriculum materials. Her lifelong passion for literacy and reading methodologies, in English and Ukrainian, spanned decades. She was an active member of the International Heritage Languages Association. In 1981, she became chairperson of the History Book Committee of Сумківські Стежки: Історія СУМК Провінцій Альберти й Британської Колумбії/ CYMK Pathways 1931-1988. Indeed, both Father Meroslaw and Dobr. Nadia accumulated files and records, which Nadia eventually learned to catalogue and store in the Kryschuk basement library.

In 1985, Dobr. Nadia had her second open-heart surgery and was well enough to return to work in the Fall, a miracle! Marusia married Roman Koszarycz and Dobr. Nadia welcomed her first grandchild, Larisa, in August, 1985 and second grandchild, Tatiana, in December, 1987. A mechanical heart valve gave Nadia the energy to push through innumerable challenges, including the complex issues surrounding the health of her youngest daughter, supporting Father Meroslaw in planning the 1988 Millennium of Ukrainian Christianity celebrations, and assisting in a campaign to build a new manse for the Bishop.

The Kryschuks bought a home near Delwood School in Edmonton, close to Dobrodijka's workplace. Deeply concerned with environmental issues, Nadia became an Edmonton City Certified Master Recycler and Composter and eventually became a Certified Trainer. It was a passion perfectly suited to a child of the 1930's.

In 1992, Dobrodijka Nadia and her husband travelled to Ukraine and made a whirlwind tour of the ancestral villages. The seeds of curiosity were planted and, by 1994, her research had turned into a family history of her maternal grandparents, George and Anna Boguski (who had arrived in Canada in 1900).

In May of 1997, Nadia had her third open-heart surgery with Dr. Callaghan supervising.

Natalia's health, however, continued to deteriorate and she died in 2001. The Kryschuk family embraced Arlene Yuzik, who had been in Joe's life throughout the period of Natalia's illness and became his wife in 2003.

Over the years, Nadia had experienced some stumbles and falls, and, in every case, she blamed the family dog. A fall in December of 2006, led to both the insertion of a pacemaker and plastic surgery to repair her face.

In 2009, her last grandchild, Emma, was born to Joe and Arlene, and Nadia totally delighted in her. The two developed a very special relationship in eight short years. Little Emma spoke touchingly about her Baba at the funeral.

Father Meroslaw's illness and passing in 2013 took a toll on Dobrodijka's health. Nonetheless, Nadia knew it was important to carry on and fulfill her life's passions. With growing computer skills, Dobr. Nadia acquired a penchant for social media, which she used in contacting family all over the globe. She became a night owl at the computer. Gardening indoors and out was an obsession and her skills were admired throughout the neighborhood. Always a Dobrodijka, she prepared valuable research on the burial sites of UOCC clergy and their wives and presented it to the Western Eparchy.

Nadia loved and admired her two grown granddaughters, Larisa and Tatiana, who are pursuing careers in geology and air traffic control. She welcomed Sebastian into the family with his marriage to Larisa in July, 2014. She was looking forward to Tatiana's marriage to Bradley in 2018.

Nadia eagerly anticipated being a delegate at the CYC Convention in Winnipeg this past August. She wanted to see lifelong friends, to spend time with her cousins, to receive her sixty-year service pin from the Ukrainian Women's Association of Canada. Alas, it was not to be!

Awards of recognition and acknowledgement for Dobrodijka Nadia's service to the community are numerous. Among them are: the Ukrainian Self-Reliance League of Canada Award of Excellence, the Ukrainian Canadian Congress Alberta Provincial Hetman Award and many "Front Yards in Bloom" nominations from the City of Edmonton.
An educational leader and community builder, Dobrodijka Nadia was Principal of the Ukrainian Language School for Adults sponsored by St Andrew's Ladies' Auxiliary for the past 29 years. Indeed, Dobr. Nadia telephoned Lesia Perritt from her hospital bed to encourage Lesia to fill in for her until she could resume her duties at the School this Fall.

Two genealogy books await completion, the first complete with the family trees of Stephan and Ewdokia Panciw (Fr. Kryschuk's grandparents who arrived in Canada in 1903), and another about her father, Joseph Shwaikowski's family, with write-ups and photos still percolating in her computers at home.

Nadia cherished every moment of her golden years. She was glowing, loving her glorious summer garden, and savouring the enthusiasm of family members anxious to help with her genealogy work, when on August 1, 2017, due to a moment's inattention, she fell, breaking a femur. Sadly, this led to a cascade of unfortunate events that even the finest medical care, the most sincere prayers and pastoral care could not prevent. Dobrodijka Nadia received the Holy Gifts and Holy Unction just hours before returning her spirit to her Lord and Savior at 3:45 AM on August 21, 2017. She was 81.

A great number of family and friends attended both the prayer service and funeral for this wise and gentle soul. Panakhyda was held Friday, August 25 at 7:30 p.m. at St. Andrew's Ukrainian Orthodox Sobor, 9831 – 75 Street, Edmonton.

Funeral Rite was held Saturday, August 26 at 10:00 a.m. at St. Andrew's Ukrainian Orthodox Sobor. Reverend Father Yuriy Suchevan officiated, with concelebrating Clergy of the U.O.C.C. and representatives of the Western Eparchy, including the Chancellor of the UOCC, Father Taras Udod. Interment was in the Cemetery of the Ukrainian Orthodox Church of St. John, Fedorah, AB.

Вічна їй пам'ять! Нехай з Богом спочиває.
Marusia (Anna-Marie) Koszarycz (Daughter) and Joseph Kryschuk (Son)

Artist in the Spotlight, Ariana Whitlow

Kay Rose Photo & Design, kayrose.ca

Born and raised in Edmonton, Alberta by Gene and Christine Zwozdesky, Ariana has entertained audiences around the world as a singer, actor and dancer. She and her husband, Joe, recently performed at a UWAC St. John's event where Ariana sang one of her favourite Ukrainian tunes learned at PLAST.

Ariana began her career performing and touring with the renowned Ukrainian Shumka Dancers. She is an alumna of Paul McCartney's Liverpool Institute for Performing Arts and of Edmonton's MacEwan University. She has cruised around the world with Royal Caribbean International as a featured entertainer in their acclaimed production shows, including Saturday Night Fever: The Musical.

Back in Edmonton, Ariana has performed for audiences around the province. Most recently, she sang with renowned maestro Jack Everly and the Edmonton Symphony Orchestra in a wonderful tribute to the music of Marvin Hamlisch. She was honoured to open for Blue Rodeo and to perform alongside Canadian superstars Steven Page, Mark Masri and Brett Kissel.

Ariana is a versatile and passionate entertainer who delivers lively and emotional performances. Expect to fall in love with her soulful vocals, energetic personality and extraordinary sense of humour.

Ariana is married to Joseph Whitlow, an Edmonton firefighter, and has two young children, Joshua, 3, and Natalie, 1.

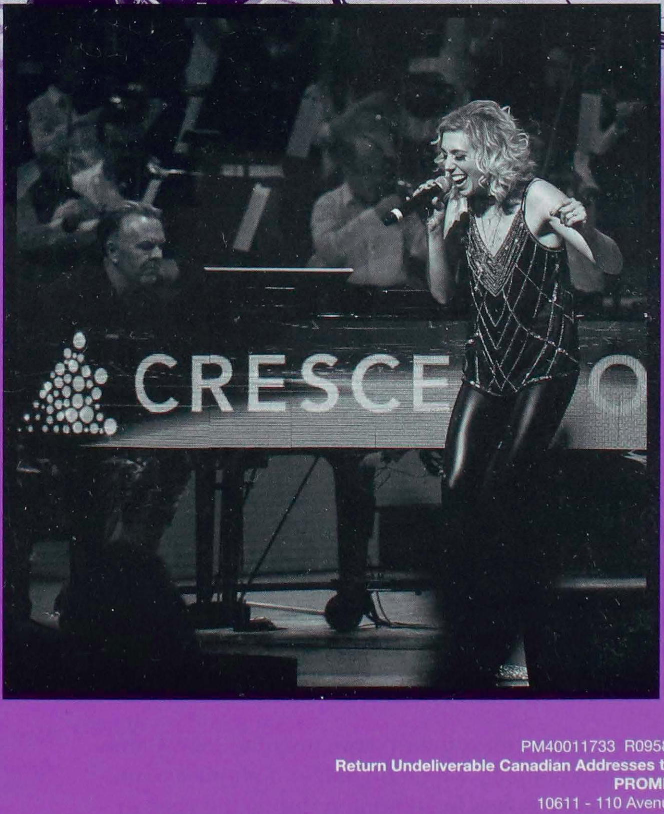
Along with fellow young Mom and singer, Erika Noot, Ariana performs in a vibrant local cover band called Uptown. The two are frequently mistaken for sisters thanks to their platinum punk hairstyles and love of bling. They are admired for their energetic dancing and complementary voices, as well as for their ability to juggle motherhood, careers and spangled outfits.

No less important is their commitment to John Cameron Entertainment, which organizes a number of musical charity events in Edmonton during the year, including the pop-concert extravaganza Crescendo, which supports mental health initiatives and the ever-popular Edmonton Singing Christmas Tree in December. Ariana is not only a performer with the John Cameron Ensemble, but works behind the scenes as its Entertainment Manager and Production Assistant.

For the past two years, Ariana has participated as a volunteer, organizing the K-Days Talent Search for Edmonton's K-Days Festival She also sat on the judging panel for the 2017 Homegrown Talent Competition at Big Valley Jamboree. She enjoys mentoring young, up-and-coming artists and is dedicated to offering them opportunities to showcase their talents. To learn more about her, go to www.arianawhitlow.com or www.uptown780.com.

To appreciate Ariana's mind-blowing talent, go to YouTube and search Ariana Whitlow. Listen to her sing "Forget You" and see her perform "Joy to the World" among other tunes. Wonderful!

Researched and prepared by Leona Bridges with Ariana Whitlow



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